

Seniors *at Home* Guide



Dear Danville Senior Center Participants,
We hope you are doing well and staying healthy. As businesses in Danville start to reopen, we are looking at plans to safely reopen the Senior Center. There may be some adjustments to class sizes and scheduling to allow for social distancing. We look forward to seeing you back in the building and in our programs; it hasn't been the same without you! As soon as we have a reopening plan and timeline, we will reach out via email. We are available at (925) 314-3430, Monday-Thursday, 8:30am – 5:00pm and Fridays 8:30am – 1:00pm. Have a great day!

-Leah, Yvonne, Milly & Kellie

Stay Up-to-Date:

The Town is updating its website as information and resources become available. See current information here: www.danville.ca.gov/seniorresources

Get Connected, Contra Costa!

Affordable internet & computer offers for eligible County residents

You may be eligible for low-cost internet service from a local provider. Online access is more important than ever during this time of distance learning, replacing in-person medical appointments with telemedicine, applying for jobs online, and working remotely. EHSD is teaming up with EveryoneOn and the California Emerging Technology Fund (CETF) to help Contra Costa residents who are eligible connect with affordable internet service and computer device offers. To learn more about getting digitally connected, visit EveryoneOn.org/ContraCostaEHSD.

Pen Pals Wanted! A group of local high school students called East Bay Students in Service is looking for seniors to connect with as pen pals, beginning in October. If you are interested, please email your name and address to seniors@danville.ca.gov!

Free Virtual Buzz Session: Wednesday, September 30 at 2:00pm

Home Care and the Coronavirus: How to stay safe & receive the home care services you need

Presenters: Lorna Van Ackeren,
Community Liaison for Hillendale Home Care
Trisha Macilwaine, RN

This webinar focuses on the Coronavirus and the up-to-date regulations from the CDC, state, and local officials. We will discuss what is commonly known and the need to know our baseline health conditions. Some topics include how to identify stress symptoms and coping strategies, activity ideas that people can do safely indoors and outdoors during the pandemic, and details on how to protect yourself if you decide to have a caregiver come into your home to provide care. This presentation will also include details on how to properly wear masks, use hand sanitizer, thermometers.



To register, visit www.danville.ca.gov/recguide using Activity Code #25628 or call (925) 314-3430. Zoom information will be sent out the Friday before the Buzz Session.

The Senior Frozen Curbside Meal Program is here!

The Senior Frozen Curbside Meal Program is here! Pickups take place weekly at 115 E Prospect Ave on Fridays between 10:30am and 11:00am and include 5 frozen meals. The suggested donation for participants 60 years and older is \$3/meal, a \$15 suggested donation each week. To participate, you must call in your lunch reservation the Thursday before by noon at (925) 314-3430.



Charred Cabbage "Steaks" Recipe by Linda Thompson

Ingredients:

1 large green cabbage head
olive oil
salt
butter
fresh lemon

Directions: Cut the cabbage into 1" wedges (steaks). Sprinkle with olive oil and salt and broil until charred and beginning to soften, about 7 minutes. Remove from oven, top with a pat of butter and a squeeze of fresh lemon. Simple and delicious! The charring caramelizes the sugar in the cabbage. This can also be done on the grill.

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!

Yvonne's List: Recommended to Read & Watch

MOVIE SELECTION

Dan in Real Life (2007) (Comedy/Drama)

Rated: (PG-13) 1.30 hrs.

Widower Dan Brown gives family advice in his column but struggles with raising his 3 daughters alone. After arriving at his parents for a family get together, their bickering drives him to take refuge in the local bookstore, where he meets and swiftly falls for Marie, the woman of his dreams.

Starring: Steve Carrell, Juliette Binoche, Dane Cook, Emily Blunt

Director: Peter Hedges

Critic's Choice: 6.7/10



BOOK SELECTION

Then She Was Gone by Lisa Jewell

Ellie Mack was the perfect daughter. And then she was gone. Now, her mother Laurel Mack is trying to put her life back together. It's been ten years since her daughter disappeared, seven years since her marriage ended, and only months since the last clue in Ellie's case was unearthed. So when she meets an unexpectedly charming man in a café, no one is more surprised than Laurel at how quickly their flirtation develops into something deeper. Before she knows it, she's meeting Floyd's daughters—and his youngest, Poppy, takes Laurel's breath away. Because looking at Poppy is like looking at Ellie. And now, the unanswered questions she's tried so hard to put to rest begin to haunt Laurel anew. Where did Ellie go?